IMPROVING BMI SCREENING AND WEIGHT ASSESSMENT: QUESTIONS AND STRATEGIES

Questions to start with:

How effective are our current protocols and training for BMI screening and weight assessment counseling, and what additional resources or training might be needed to enhance our trauma-informed approach and ensure culturally sensitive, comfortable, and open communication with patients?

How are we addressing common barriers and leveraging community partnerships to support holistic, trauma-informed care, and ensure the sustainability and continuous improvement of our weight management program?

What strategies are we using to engage patients and their families in discussions about BMI and weight management, and how do we incorporate patient feedback and data to improve the effectiveness and equity of our interventions?



Address Social Determinant of Health:

Identify and address barriers such as food insecurity, lack of safe spaces fo physical activity, and limited acces to healthcare services. Partner with community

Monitor and Evaluat

Regularly assess the effectiveness of BMI screening and weight management interventions through data collection and analysis.

Use quality improvement methodologies, such as Plan-Do-Study-Act (PDSA) cycles, to continuously refine and enhance

Promote lealthy Lifestyle

Implement evidence-based programs that include nutrition education, physical activity promotion, and behavioral coaching.

Tailor interventions to meet the unique need and preferences of

Implement Standardize Screening Protocols:

Develop and use standardized protocols for regular BMI screenings and weight assessments across all patient visits.

Comprehensiv Training for Sta

on effective communication strategies, including trauma-informed care, to discuss BMI and weight sensitively and non-judgmentally. Offer ongoing education on the latest evidence-based practices for weight management

STRATEGIES:

Health centers can improve BMI screening and weight assessment counseling by following evidence-based, family-centered approaches.

Care Teams:

Utilize a team-based approach that includes pediatricians, dietitians, behavioral health specialists, and fitness experts.

Encourage collaboration among team members to provide holistic care that addresses physical, nutritional, and psychological aspects of weight management.

Develop Culturally Appropriate Material

Create and distribute educational materials that are culturally and nguistically appropriate for the diverse opulations served by the health center Ensure that materials are easy to

Engage Patient

Foster open and supportive communication with patients and their families about BMI and weight management.

Use motivational interviewing techniques to empower patiend and their families to set realisti

Leverage Fechnology and Data

and identify trends.
Implement decision-support tools
within the EHR to prompt providers
to conduct BMI screenings and
offer weight management
counseling.

ENSURE SUSTAINABILITY

Plan for long-term program sustainability by identifying funding sources, key community partnerships, integrating weight management initiatives into routine care, and advocating for supportive policies. Engage leadership and stakeholders to prioritize and support the ongoing implementation of Family Healthy Weight Programs.